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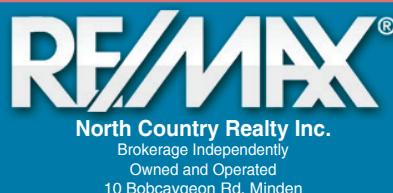
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Born to run

Runners from Archie Stouffer Elementary School, in blue, run for the finish line during the 200 metre dash at the Haliburton County Track and Field Meet on May 26. Students from Haliburton, Cardiff, Wilberforce and Minden participated alongside those from outside the county in the annual event. The Haliburton Legion hosts the meet each year. See more on page 22. /DARREN LUM Staff

County councillors support waterpower, but not charter

by SUE TIFFIN
Times Staff

At a May 22 meeting of county council, Stephanie Landers, manager, community relations and public outreach from the Ontario Waterpower Champions presented on the history and benefits of using waterpower to generate electricity before asking councillors to sign an Ontario Waterpower Champions

Charter.

Ontario has 224 waterpower facilities that range in location, years in production and size, from 1kW backyard operations to facilities with thousands of MW capacity, such as at Niagara Falls. Sixteen per cent of hydro facilities are over a century old, Landers said. According to her presentation, the province's electricity was generated through falling water until the 1950s when nuclear and coal energy, and more recently wind and solar energy, were introduced. Now 25 per cent of

the province's electricity comes from hydro-electric assets.

In a survey conducted through a third party researcher, Landers presented that 92 per cent of respondents from a variety of regions strongly supported waterpower-generated electricity.

In Haliburton County, she said three facilities are community assets: Drag Lake Dam, built in 1925, owned by Algonquin Power and generating 0.3 MW; Minden Dam, built

see WATERPOWER page 19

Staying safe this summer

by JENN WATT
Editor

Summer for many is the best time of the year in the Haliburton Highlands, but it's also a time when things can go very wrong, sometimes fatally.

On Saturday, the Maple Beech and see PFDs page 3

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Algonquin Highlands proceeds with climate change plan

by VANESSA BALINTEC
Times Staff

The county's director of public works Craig Douglas and director of planning and deputy chief administrative officer Charlsey White laid out the steps for a county-wide climate change plan to Algonquin Highlands council at their meeting on May 16.

Douglas and White requested the township support the County of Haliburton Climate Change Plan and participate in their mitigation and adaptation plan. Along with council's support, they requested the township provide staff to assist in data gathering and collaboration in creating consistent climate change programs across the county.

The climate change plan will outline environmental sustainability priorities, establish county-wide and municipal-wide greenhouse gas emissions, and examine other services such as waste management and fleet. The whole plan is projected to take place for the next 10 years, with a five-year point revision period.

"The climate is changing, it is coming," said Douglas. "We need to predict what is going to change and adapt now."

The plan is based on mitigation and adaptation. Mitigation refers to reducing and preventing emissions of GHGs, which can take form in new technology, renewable energies, adaptation of older equipment to become more energy efficient, and changing management practices and consumer behaviour.

Adaptation refers to the ability for society and the environment's natural systems to adjust to changing conditions. In the climate change plan, this takes form in anticipating and preventing the damage that climate change can cause. Douglas and White noted that investing and planning for the future, in ways such as flood protection, infrastructure upgrades and disaster management, saves money and lives down the road.

The plan is comprised of three stages: The Municipal Mitigation Plan, The Municipal Adaptation Plan, and the Community Mitigation and Adaptation Plan.

According to White, if all municipalities sign onto the climate change plan, first steps will be taken to register with Partners for Climate Protection and to organize a meeting in June to head straight into data collection. "Come in the fall, we're looking at the county to hire a climate change coordinator," said White. "They'll be the one pulling the data together, creating standards, and drafting policy."

While the community participation stage is not completely fleshed out, White says there will be options for the public to get involved.

"We thought municipalities should be in order before we go out and start preaching to what people should be doing," said White. "The third phase is entirely community-based, and it's going to be just what Haliburton County as a whole, what it's community climate change action is going to look like."

Some members of the township expressed skepticism at the county's ability to follow through with the plan.

"The county did ask their members to go back to their individual municipalities and urge them in the strongest words to participate and take part," said Deputy Mayor Liz Danielsen. "I'm wondering if the county has the power to make it a shall, and not a may. Because it's not going to work if everyone's not on board."

Mayor Carol Moffatt agreed. "There are too many things at risk for not making these changes and these decisions," said Moffatt. "Changing direction costs money. Certainly that's been the discussion at the county table, everybody's in."

Councillor Jennifer Dailloux expressed her support for the plan. "We've got to remember there will be an outlay of funding at the beginning, there's no question this will have resource implications for all of us," said Dailloux. "But the savings by mitigating and adapting, the savings later on should be measurable and significant, and I just hope that as a series of municipalities that we can really remember that as we go through and bite the bullet and put in the hard work and get the people we need because it's worth it."

The council agreed to all requests to support, participate in, and provide staff for the climate change plan.

Gas tax funds to resurface County Roads 4, 17

by SUE TIFFIN
Times Staff

Craig Douglas, director of public works, brought plans for bonus funds resulting from the federal government doubling the gas tax allocation to county council last week.

Back in March, the federal government announced a one-time top-up of the federal Gas Tax Fund by \$2.2 billion, which results in about \$542,000 for Haliburton County.

At an April roads committee meeting, staff recommended negotiating with the successful bidder on the 2019 hot mix tender to add a section of hot mix paving on County Road 16, starting at Hwy 35.

"We did reach out to the contractor, the prices came back and were simply too high and I really couldn't justify them in the budget," Douglas said in his update at a May 22 county council meeting. "As such," reads his report, "staff are now recommending to delay the County Road 16 hot mix paving until 2020, and instead add on to the existing surface treatment tender," that being County Road 4 – Essonville Line from Hwy 118 easterly 2.3 kilometres, and all 3.75 kilometres of County Road 17 – Ingoldsby Road.

Douglas listed five reasons for the recommendation:

"If County Road 16 is hot mix paved next year, it is in close proximity to County Road 1 which is earmarked for hot mix paving. Combining these projects should result in better pricing based on the higher quantities and all being in one location;

"County Road 16, although in immediate need of hot mix paving, will not generate spring pot holes to the extent that a surface treatment road does;

"County Roads 4 and 17 suffered a lot of damage this spring and are not currently on the list of roads to be surface treated in 2019. It is very likely that next spring will produce similar poor road conditions;

"The surface treatment option is a lower cost option which affords a contingency allowance, not currently in the 2019 projects; and

"Miller Paving has agreed to hold unit prices for the 2019 add-on surface treatment (County Roads 4 and 17)."

Douglas offered a word of caution, "that we haven't received the money and that typically comes in July."

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EMPLOYMENT ONTARIO

PFDs key to safety on the water

from page 1

Cameron Lakes Area Property Owners Association put on a safety seminar called "Surviving Summer ... Safely," which included presentations by Algonquin Highlands fire chief Mike Cavanagh, Haliburton County Paramedic Services deputy chief Jo-Ann Hendry, and water safety advocate Marta Scythes.

Attendees learned about how to prevent drowning, fires, heat stroke, sunburns, and other important safety practices.

On the Water

Scythes said she was motivated to promote safety on the water after reading about the tragic drowning of two young men on Eagle Lake in 2016. She said six people were in two canoes when the accident happened. Those who made it to shore had personal flotation devices, or PFDs. The two men who died did not.

She started doing research and found that the Lifesaving Society of Canada produces an annual report with statistics on drownings in Ontario.

The 2018 report (which reflects data from 2011-2015) shows that 76 per cent of those who drowned were male, 24 per cent female. Those 65 and older represent the largest group of those who drowned, with 27 per cent (23 per cent for those 20-34, 21 per cent for those 50-64).

Most frequently, drownings happen in lakes, ponds and rivers – 65 per cent.

Scythes said taking precautions, such as swimming or boating with others can reduce risk. Above all, the most important thing you can do is wear a PFD. In 92 per cent of drownings that happened while boating, no PFD was worn, according to the Lifesaving Society's 2018 report.

At Home/Cottage

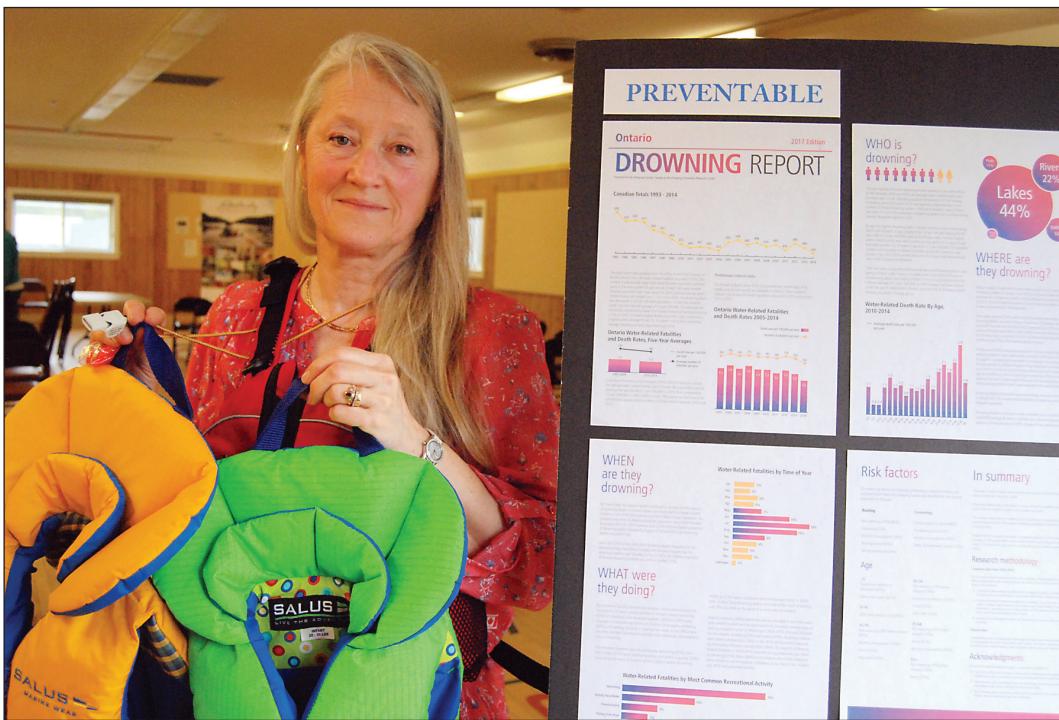
Algonquin Highlands fire chief Mike Cavanagh advised the group that the most important thing to do in an emergency is call 911 immediately. Depending on where you are when you call for help, it can take emergency responders a while to get to you.

He reminded the group that there is no open air burning during the daytime, though it is allowed for those who are camping, but only for cooking or to warm up. Make sure any fire is thoroughly extinguished.

Batteries should be changed on smoke and carbon monoxide detectors each year; an easy time to do that is when you open the cottage.

"Make sure especially if you're opening the cottage for the season that you change the batteries as the batteries could have died over wintertime," he said.

Smoke alarms should be replaced every 10 years, a carbon monoxide alarm lasts about seven. An expiration date can be found on the unit. No expiration date? That means it's an older model and should be replaced.



Cavanagh also pointed out that those on private roads should be diligent in keeping the road clear for emergency vehicles.

"We want to be sure that, firstly that it's wide enough for the fire trucks, it's tall enough for the fire trucks or the ambulance and it can take the weight of that apparatus. So, what we'd like to see is six metres wide, five metres high ... and if there's any private bridges out there you should have it checked by an engineer to make sure that it will hold a fire truck," he said.

Staying Cool

Haliburton County Paramedic Services deputy chief Jo-Ann Hendry talked about a variety of topics including how to avoid heat-related illness and sunburn. She said that direct sun should be avoided between the hours of 11 a.m. and 4 p.m., when it's the strongest. Staying hydrated, wearing light colours and finding a cool place to go when temperatures and humidity are high are key.

A common sign of heat stroke is if the person has stopped sweating, she said.

"If you're still sweating and they're not, there's something wrong. Call 911," she said.

Dizziness or fainting, nausea or vomiting, headache, rapid breathing and heart rate and extreme thirst are symptoms.

"Changes to behaviour, that's really important [to note]," she said, "sometimes younger kids, they can't tell you what's going on."

While waiting for emergency response, Hendry said you

can help by passively cooling the person, getting them to a cool place, placing cold, wet towels on their skin, particularly in places that hold heat, such as behind the knees and armpits.

Plan Ahead

Summer storms can lead to power outages that can last for days. It's important to have an emergency kit prepared. Set aside non-perishable food (and a can opener!), a supply of water, first aid kit, flashlight and batteries, battery-powered or wind-up radio, essential medications, cash, pet food, and always keep at least half a tank of gas in the car.

If You Fall into Cold Water

- Look for your lifejacket and put it on if you are not already wearing it.
- Try to get as much of your body out of the water as possible.
- Try to get back into your boat.
- Crawl on top of your boat if it has overturned.
- Minimize your movement as moving increases heat loss.
- Hug your body or huddle with others to minimize heat loss

*From the Lifesaving Society.
Go to www.lifesavingsociety.com for more.*

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COUNCIL MEETINGS

Public Welcome

Meetings are held at 9:00 AM in the Minden Council Chambers, 7 Milne Street.

June 13 - Committee of the Whole Meeting

June 27 - Regular Meeting of Council

For Council, Boards & Advisory Committee meetings,

visit www.mindenhills.ca

Note: Council meetings are reduced to one (1) for the months of July, August and December

EMPLOYMENT OPPORTUNITIES

The Township is currently accepting resumes for a variety of positions. Please visit www.mindenhills.ca/employment-opportunities/ to view available postings and submission details.



CALL FOR COMMITTEE MEMBERS – LOCHLIN COMMUNITY CENTRE ADVISORY COMMITTEE

The Township of Minden Hills is looking for volunteers to participate as members on the Lochlin Community Centre Advisory Committee for the 2019-2022 term of Council.

If you, or someone you know, are interested in participating, please download and submit a completed Advisory Committee Application Form in person, by mail or email to:

Lochlin Community Centre Advisory Committee Application
Clerk's Department, 2nd floor
Township of Minden Hills
7 Milne Street, PO Box 359
Minden, ON
K0M 2K0

Application deadline is Monday June 12th, 2019 by 12:00 noon.
For an Application Form or for more information, please contact Vicki Bull at vbull@mindenhills.ca, 705-286-1260 ext. 215 or Shannon Prentice at sprentice@mindenhills.ca, 705-286-1260 ext. 313.

HYDRANT FLUSHING

Please note that mandatory Fire Hydrant Flushing will be performed throughout the Minden Water Distribution System during the weeks of June 3 to 14, 2019.

During this period please allow your water to run for 2-5 minutes to clear any discolouration through the home plumbing.

For more information, please contact Travis Wilson, Director of Public Works at twilson@mindenhills.ca.



DID YOU KNOW

The By-law Department enforces municipal by-laws and actively patrols in search of infractions on Property Standards, Zoning and Building without permits, along with other municipally enforced By-laws.

Minden Hills serves a tea fit for the Queen

by SUE TIFFIN
Times Staff

The 200th anniversary of the birth of Queen Victoria was celebrated at the Minden Hills Cultural Centre on May 18 with a morning and afternoon tea inside and outside of the Bowron Log House. The event brought both full-time residents and out-of-town visitors to the cultural centre, some wearing fascinators, to sip tea, eat sandwiches and cookies and share in some peace on the busy holiday weekend.

The event also marked the first time in quite a while that the Haliburton Highlanders Pipes and Drums band played on the grounds, performing authentic music of the Victorian era.

"Jim [Thomson] specifically chose a series of Victorian-themed tunes to play, and he piped solo for over eight minutes, which is a long time on the pipes, to work through those tunes," said Emily Stonehouse, supervisor, Minden Hills Cultural Centre.

Thomson was the pipe major for the Toronto Scottish Regiment, and recalled his experiences piping for the Queen Mother, who was associated with the regiment as Colonel-in-Chief, when she visited Canada in the 1980s.

"We piped her on and off the plane and actually, speaking of tea parties, she flew out to Ottawa on one of these occasions and we had to go there and pipe as she came off the plane, and she went and had tea with [Prime Minister] Brian Mulroney," Thomson told the *Times*.

At one point, while the Queen Mother was



Laurie Carmount, Emily Stonehouse and Colin Clarke take a break outside a warm kitchen on May 18, at an afternoon tea celebrating Queen Victoria's birthday hosted at the Minden Hills Cultural Centre. /SUE TIFFIN Staff

staying in Forest Hill, in Toronto, Thomson's music was the first thing she heard in the morning.

"I had to play outside her bedroom every morning to wake her up," he said. "That's a tradition in the Royal Family, they always have their own piper, that's one of the jobs that you have to do."

Thomson was invited to the Queen Mother's 90th birthday celebration at Clarence House in London, at a time when security was quite

heightened because of threats from the Irish Republican Army (IRA).

"It was quite something," he said.

Victoria Day weekend, named for Queen Victoria, took place throughout most of Canada from May 18 to 20 this year.



Lori Chadwick, Evelyn Pearson, Durnian Joseph and Lisa Chadwick came together in Minden from Norland, Mississauga, Newmarket and Brampton to celebrate the anniversary of Queen Victoria's birthday at an afternoon tea held at the Minden Hills Cultural Centre on May 18.

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Shout Sisters to sing for dental care

Haliburton's Shout Sister! choir is making a "joyful noise" for the Volunteer Dental Outreach for Haliburton County. Laurel McCauley directs as the choir continues Shout Sister's tradition of giving back to the community. The choir is often found performing at fundraisers and seniors' homes in the area. Their performances are joyful occasions filled with enthusiasm and energy.

Shout Sister! takes an unorthodox approach to choral singing. They do not audition and they sing a fun variety of music from pop and Motown, to folk, to a touch of country and blues. They learn from recorded tracks so they require no reading of music.

Volunteer Dental Outreach for Haliburton

County (VDO) is a registered charity that provides free dental care to low-income residents of the county. All funds raised go to cover the operating costs of the VDO's clinic, which is in Haliburton. Each dollar donated provides three times that in free dental care due to the dedicated work of the volunteer dentists and dental hygienists.

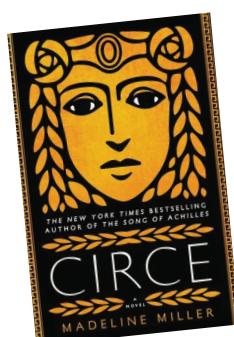
Come out to the Shout Sister! show on Friday, June 14 at the Northern Lights Performing Arts Pavilion in Haliburton. Doors open at 7 p.m., show starts at 7:30. It's an all-ages show. Tickets are \$15, kids under 12 are free. Get your tickets from choir members or at the door.

Staff pick

Tessa Iles, Branch Supervisor HCPL's Wilberforce Branch recommends:

Circe by Madeline Miller

Inspired by Homer's *Odyssey*, this novel follows a daughter of Helios as she interacts with famous mythological beings. But Circe is a strange child—not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, Circe discovers that she does possess power—the power of witchcraft, which can transform rivals into monsters and menace the gods themselves.



Tessa says: I love any retelling of mythology, and this beautifully written story has everything you could want: adventure, romance, betrayal, action and revenge. The personal growth of Circe is wonderful, and surprisingly relatable, as she struggles with feelings of loneliness and self-worth. A strong female heroine, beautiful writing style and historical setting combine to make this book one of my all-time favourites.

Rating: 10/10



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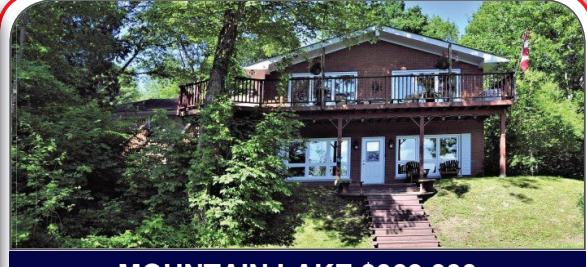
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Plant-based options

IT'S HERE, vegetarians and vegans, the day it is possible to order a vegan breakfast, pick up a cashew cheese ball, have more than one plant-based menu item to choose at the same restaurant, opt for almond milk in a coffee to go, full-on feast at the farmers' market, and see the transformation of a building on Bobcaygeon Road into a space for a vegan kitchen in Minden.

A recent study conducted through Dalhousie University found 2.3 million Canadians identify as vegetarians and 850,000 as vegans, accounting for nine per cent of the Canadian population.

But it's not just those following a variation of a plant-based diet who will take note of increased available options.

A greater number of 6.4 million Canadians restrict meat partially or completely in their diet, opting to eat less meat throughout the day, or to engage in at least one meat-free day a week.

Some who opt out of consuming meat or dairy products are concerned about animal welfare, often in particular the reported cruelty of mass meat production within factory farming, while others are concerned about their own well-being, given the implications of diet on human health and disease. Some find it more affordable to eat meat-free, or find the taste or quality of food to be better if it doesn't come from a box, while more and more, reasons of environmental concern to help alleviate the significant carbon footprint of the livestock industry are encouraging more sustainable eating.

According to the UN's Food and Agriculture Organization (FAO), livestock is "one of the top two or

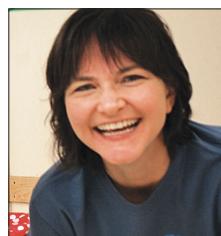
three most significant contributors to the most serious environmental problems." Animal agriculture "currently amounts to about 18 per cent of the global warming effect," a contribution the FAO says is larger than that of the transportation sector worldwide.

So the times they are a-changin'. Canada's Food Guide now recommends more fruits and vegetables on the plate, and choosing more plant-based proteins from food like beans, nuts and yes, the infamous tofu.

Anthony Bourdain called vegetarians, "the enemy of everything good and decent in the human spirit," but contrary to popular misinformation, good vegan food isn't dry or tasteless – it doesn't even have to be particularly healthy if you're looking for a junk food fix.

Introducing some vegetarian options can be as easy as picking up something new from a local farmer who can recommend how to prepare it, adding more vegetables to the barbecue, making use of creative recipes online or in cookbooks at the library, or serving a veggie meal to everyone at the table when a vegetarian family member visits (making one meal that everyone can eat is much simpler than making numerous meals). And now, it is as simple as choosing a meal from a menu while on a lunch date with friends or out for dinner with family.

A more veg-friendly Minden offers a positive environment, ensuring people living a vegetarian lifestyle are welcomed to eat in our town, but also promoting a potentially healthy choice for those looking for variation in their diet.



SUE TIFFIN
Reporter

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Kwarky



Kim Wank

The Town Tweeter

Portages

THERE ARE A few basic questions every serious outdoorsperson eventually asks him or herself. For example, will Ryan Gosling change his name to Ryan Goose when he gets older?

And then there is the question of who invented the portage?

My theory is that portages were invented by early people whose hobby was carrying things long distances. Needless to say, hobbies have come a long way since then.

Thankfully, carrying things long distances is no longer a hobby. It was replaced by backpacking.

Nevertheless, you have to remember back in the heyday of carrying things, there were no model airplanes, model railways, knitting needles, folk art, tents, skis, skates, sailboats, woodworking shops, musical instruments, binoculars and birding books or any of the other things we now associate with hobbies. Even fishing and hunting was a job – anyone who viewed it as a hobby probably starved.

As a result the list of bona fide hobbies was small: collecting animal bites, cultivating festering boils, learning all the things that were too hot to touch, witchcraft, throwing rocks at stuff, fleas and monthly bathing and carrying things were among the earliest, I suppose – and, presumably, each had several dedicated glossy magazines.

Then someone said, "Why don't we carry Ug's canoe and stuff from one lake to another? You know, as a practical joke."

Like all good practical jokes, it soon took on a life of its own. For once Ug found his canoe and stuff he realized that the fishing on that lake was way better than the one he was on. This caused his friends to carry all his stuff and canoe back to where they

picked them up in the first place. And so the first portage was born.

Soon, all sorts of people were creating trails from one body of water to the other so they could catch bigger fish just like Ug.

This led to the invention of other things – among them backaches, stubbed toes and swear words, which are all still in use today.

I enjoy a good portage. But before I am shunned from polite society, let me just say, a good portage, in my mind, is one two canoe lengths long at most. Basically, you should be able to spit and hit the far portage. A portage a little longer can be OK if all the gear and boats are being carried by someone else. Everything else is a bad portage.

Yet no one has found a better option than the lowly portage.

So, if you want to fish a lake that is not connected to the one you are on by navigable water or a road, you need to portage – or rent a helicopter. And that helicopter should take you far away to a place where you never have those silly thoughts again.

The portage is a quintessentially Canadian rite of passage. Probably because they teach us important life lessons such as: Every trip is better if the person you are with can be tricked into carrying your load too. The farther away you are from your starting point, the worse the bugs get. The difference between a really nice portage and a @#\$%! portage is just one slick rock. There is a sense of accomplishment that comes with really long portages – but only if you avoid them. And finally, there is usually good fishing at the end of a long portage – but that depends on which way you are going.



STEVE GALEA
Beyond 35

IN OTHER WORDS

Columns and Letters to the Editor

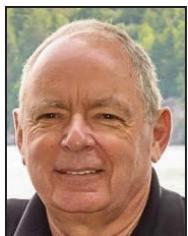
The magic of Black Sox

DESPITE ITS wet, raw coolness, this spring has provided some joyful observation.

Blue jays, in their sartorial splendour, gorge greedily on seed we have spread on the ground. There are as many as 18 of them throating seeds almost non-stop, pausing occasionally to shoo away chipmunks that are racing about crazily, trying to get their share.

At a suet cage swinging above this feeding frenzy, a remarkable sight: a rosy-breasted grosbeak and its mate peck at the tallow needed to warm and energize them in this prolonged chilly spring.

It has been years since we have seen any type of grosbeak, once a common sight at our lake place.



JIM POLING SR.

From Shaman's Rock

Just as exciting, a flock of sunshine yellow finches descends on the Niger seed feeder. They are another touch of beauty that we have not seen in a while.

The jays, grosbeaks, finches and two red spotted woodpeckers lift spirits dampened by sullen grey skies.

But then a doleful face appears at the clearing's edge, threatening to chase off the colour and cheer. The face looks familiar, but it is not until he steps fully into the clearing that I recognize him.

It is Black Sox, the wily red fox who visits every spring. At least I think it is him, although it could be one of his progeny, or even a totally different fox.

I am convinced it is Black Sox, however, when I see his front legs, which are rich black from shoulders to feet. All red foxes have black on their legs but none I have seen has such prominent full black stockings.

Not only is his face doleful, his entire appearance is dispirited. He reminds me of a down and out city street person who has lost hope and is ready to give up.

Black Sox obviously has had a rough winter. His coat is thin and matted, his tail lacking lustre and bushiness. He is painfully thin and appears weak.

He might be suffering from mange, the awful skin disease caused by mites, but I see no patches of raw skin in his fur. He also might have an intestinal parasite eating away his insides. Or, perhaps he is undernourished from lack of food during a long winter of deep snow worsened by episodes of freezing rain.

Foxes feed mainly on small mammals such as mice and voles during winter because berries and insects are not available. But from my observations mice were scarce last winter because they hit their four-year population peak last year and now are at the low point of a new cycle.

Whatever the reason, it is sad to see Black Sox in such a sorry state. Red foxes are beautiful and among the cleverest of forest animals. They are even credited with teaching Indigenous people how to capture ducks for food.

Foxes have been known to go to the edge of a water body where ducks are plentiful and start acting crazy, jumping and rolling about for no apparent reason. Ducks are curious birds and will swim close to shore to see why the fox is acting so silly. One quick lunge and the fox has dinner.

Hunters from early tribes copied the trick by tying a fox skin to a stick and wriggling it crazily from behind a bush or in a patch of reeds. When ducks approached to see what the commotion was about, the hunter tossed a net over them.

Some people believe that foxes have magical powers. I would like to believe that Black Sox's magic brought all those colourful birds to brighten our spring. Probably not, but it is a pleasant thought.

I also want to believe that Black Sox does have magic that he will use to heal himself. And that the next time I see him his coat is fluffy and vibrant, his black socks velvety smooth and his eyes radiating his keen intelligence.

The real magic of Black Sox, and foxes in general, is that they remind us that life, inside and outside the forest, can be difficult and at times dangerous. But they also teach us that using our intelligence, instead of our emotions, will help us to manage whatever life throws at us.

letters to the editor

Health unit amalgamation raises concerns

Dear Ms. Scott:

I am most concerned with the recently announced amalgamation of the health units from 35 to 10 as well as the change in funding structure.

The health units provide a myriad of services from restaurant inspections to health and wellness programming. While treatment programs are important and take most of our health care dollars, health promotion is a very important to improving the health of Ontarians and reducing health care costs.

When programs such as the health units are amalgamated, the periphery tends to lose service. We are likely to see full-time health promotion positions turned into part-time, few days a

week, or a month, services. As time and austerity continue, travel expenses are cut and eventually the periphery becomes underserviced.

Without a Rosie, a Kate, an Angela and a Sue we would be unlikely to have a food network, farmers markets, active transportation and an aging well committee. Haliburton County is not resilient. We do not have a multitude of overlapping agencies and services. Therefore I am writing to you to request/beg that you ensure that the full-time health promotion positions remain in Haliburton County.

Yours sincerely
Heather Ross

Road toll thanks

To the Editor,

On Saturday, May 18, the Minden Community Food Centre held a road toll on Bobcaygeon Road and Water Street in Minden. It was a huge success.

On behalf of the Food Centre, I would like

to thank all the residents, cottagers and visitors for their generous donations. Also, thanks to our dedicated volunteers for their precious time and assistance.

Don Veno
Chair

We had a hoot

To the Editor,

The members of the Minden Curling Club would like to express our appreciation to all of the participants who helped to make our Evening of Painting, "In the Hoot of the Night," a success. We also send a big thank you to Kari Crawford for leading the painting, Terry Landry for his de-

licious pizzas, and J.D. Thomas from Stedman's for ordering the canvases. Many thanks also to Canoe FM, as well as the *Minden Times*, *County Life*, and the *Highlander* for plugging our event. It's great to live in the Highlands!

Joyce Nilsson

Open letter regarding SOLS funding and inter-library loans

In recent weeks, a number of Haliburton County library patrons have contacted my office to express their concerns with the Southern Ontario Library Service's (SOLS) decision to cancel their inter-library loan service. I also received a letter from a fantastic local organization, the Friends of the Haliburton County Public Library, which outlined their concerns with SOLS funding.

I want to take this opportunity to address these concerns. When we came into office, the province was spending \$40 million more every single day than it was taking in. The province's books were in terrible shape – the deficit was \$15 billion and the overall debt was more than \$340 billion, the highest sub-national debt in the world. It was a simply unsustainable situation.

Ontarians elected our Government with a mandate to balance Ontario's budget and restore order to the province's books. To protect what matters most, especially our health care and education systems, we had to find efficiencies and modernize certain programs.

For the 2019 fiscal year, we have maintained base funding for Ontario public libraries at \$25 million. At the same time, we proposed a reduction in the amount of funding the province provides to SOLS, and asked them to find efficiencies in their operations. It is important to note that SOLS receives the majority of its revenue from sources other than provincial operating grants.

After receiving their funding allocation from the province, SOLS quickly decided to terminate its inter-library loan service. At a cost of \$1.3 million per year, SOLS indicated that it was having difficulty sustaining this program even be-

fore the funding change. It is difficult to justify using vans to courier library books between different systems, especially when there are alternatives available. For example, Canada Post offers a special discounted Library Materials Service to subsidize the cost of mailings for public libraries where items can be mailed for \$1.38 each (round trip). This is a significant cost reduction over the \$4 per item cost for the inter-library loan service. Additionally, the Haliburton County Public Library provides access to over 700,000 digital books through its e-book service.

I understand that not all residents have access to high-speed internet to access digital resources, and that is why we have made improving rural internet access a top priority for our government. This week, we announced a \$71 million investment into the EORN project to close the mobile broadband gaps in Eastern Ontario, and ensure 99 per cent cellular broadband coverage in our region.

It is not possible to make investments into critical projects, like EORN, and work toward a balanced budget – without a more efficient means of service delivery. That is why we are asking our partners to work with us and find savings that will enable them to avoid reducing important public services.

Our public libraries are an important part of our local communities, and we value their contributions to education, literacy, culture, and the arts. I want to assure you that our Government will continue to provide support to Ontario's public libraries.

Laurie Scott, MPP
Haliburton – Kawartha Lakes – Brock

Raisin the Root grows to nourish in Minden

by SUE TIFFIN
Times Staff

A mural covering one wall of a Bobcaygeon Road building is turning heads in Minden and leaving a bright image of locally-grown vegetables in the minds of passersby. Soon enough, Nourished, by Raisin the Root, will open to the public in that space, ensuring fresh vegetables fill bodies, too.

For many years, Alexis Macnab has seen the plant-based and gluten-free food she creates generate interest and appeal to people at the farmers' market, in workshops, at festivals and even at a table full of bear hunters. Now, the entrepreneur and culinary nutrition expert, together with Matthew Thompson, a Red Seal chef, are planning on offering their specialties from a permanent location.

Macnab became vegetarian when she was nine, through a compassion for animals. From there she began eliminating dairy, and then became vegan.

Experiencing the difficulty of finding readily available vegan food, and encountering the challenges for people with celiac disease to find truly gluten-free options, she fell into research and took to the kitchen.

"I started to make a lot of stuff from scratch, and it was kind of this family joke because growing up I never cooked, ever. Like bagels and cream cheese and Kraft Dinner was basically what I survived on in high school if I had to cook for myself," she laughed. "It was just this big joke that I was never able to cook. But then I started getting so into it and my immediate family members were like, wow, this actually tastes good. Like, you actually are able to cook stuff."



Artist Ian Milligan paints a mural on the external wall of the future home of Nourished on Bobcaygeon Road. /SUE TIFFIN Staff

When Macnab's mom heard an interview with Meghan Telpner, the founder of Academy of Culinary Nutrition, on Canoe FM, she called Macnab to tell her that someone on the radio sounded just like her.

"[Telpner] was saying, you don't have to eat meat and dairy and gluten to enjoy food," said Macnab. "And it doesn't mean you only have to have a salad."

Having already been looking into further education, the Culinary Nutrition Expert course offered through the school had the focus on application of skill that Macnab was seeking.

"Every week you had a written assignment, and you also had a cooking assignment, and you had to submit pictures and little blurbs about the pre-planning, the planning, the ex-

ecution, the end result, how did it taste, did anybody else try it," said Macnab. "And one of the assignments was that you had to do a workshop with four people ... you had to film it and submit that."

The course encouraged enjoyment in the kitchen, and making clean, flavourful food part of Macnab's routine.

"It was funny because my cooking assignments were due Tuesday and people started just dropping by Monday evening around dinner," she said, noting that friends who weren't necessarily strictly plant-based were stopping in to taste "assignments" like cashew pasta and black bean burritos.

Collaborating with like-minded locals, Macnab participated in a series of workshops to present on detoxification through both whole food and yoga fundamentals.

"So many people were like, 'oh, I wish I could eat this way,' and I was like, I mean, you can eat this way," she said. "I'm not a Red Seal chef. I just make food that doesn't have meat and dairy in it. We make it seem more complicated than it really is, you know?"

From there, Macnab hosted a whole food fundamentals workshop at Abbey Gardens.

"There were 13 people that came and I was shocked," she said. "I was hoping for four. We had to cut it off because there just wasn't room for more people, so that was really cool."

After several more workshops, Macnab was invited to attend the farmers' market three years ago.

"I had no idea how to do it, literally no idea, I just decided to do it on a whim," laughed Macnab. "It was awful, I was so stressed ... but I sold out of everything I made ... And not only that, so many people took the food and came back and said, that was really good, where can I find [it]?"

It was surprising to Macnab, who had grown up in Minden being teased or misunderstood for her lifestyle choice. While a vegetarian might still consume food like cheese, milk and eggs, a vegan diet avoids any type of animal product and is usually comprised of vegetables, fruits, grains, nuts, seeds, beans and pulses.

"There are literally a million things that I could eat that don't have meat and dairy in it," said Macnab. "The typical response, especially when you throw in the gluten-free thing, is well it's just going to taste like cardboard. I really wanted to prove to people that that's just [nonsense]. Meals can be vegan and gluten-free and delicious and vibrant and nutritional-dense and it doesn't have to be jam-packed full of corn-based sugars and [junk]."

Since first offering her food publicly, she has joined the farmers' market full time, catered a vegan wedding, helped parents prepare healthy snacks for birthday parties, and par-

ticipated in festivals and wellness fairs. She's also partnered with Matthew Thompson.

"When Matty and my first date stretched into the afternoon and ended after a long night of prepping, cooking, chopping and creating [for the next day's market], I was exhausted, yet elated because it was so exciting to have him weighing in and contributing his experience, knowledge and speed to my small-time, homegrown kitchen experiments," said Macnab. "As he continued to help me with my prep, loaned me his kitchen tools and showed me time-saving techniques, the level of satisfaction from our customers increased noticeably. You know, my food was good enough that people would return to my booth and compliment the flavour profile, but when Matty made the soup, people would come back and beg for the recipe, or ask if we catered private dinners."

Macnab and Thompson became so busy, and wanted to avoid cross-contamination when working with vegan and gluten-free food, that it became necessary to have a health unit-certified kitchen. Macnab has been living in Costa Rica throughout winters for the past several years, and the opportunity to purchase the building formerly housing Headlines Hairstyling at 27 Bobcaygeon Road in Minden presented both a space to live, and a space to work.

"And I didn't have to keep farming my plants out to people every six months," she laughed.

Nourished, by Raisin the Root, will give Macnab and Thompson the kitchen they need to focus on food, and will also be a spot for people to pick up grab-and-go options, including frozen meals or prepped food to be cooked at home or participate in meal programs.

Plans for Nourished also include an inclusive collaboration spot for people to host pop-up workshops and sell environmentally and health conscious goods to promote healthy living.

"I want to have a space that provides people with healthy, homemade, from scratch food, that is nutritionally dense and enjoyable to eat, and then I also want to have a space to offer this knowledge to other people so they can also apply it at home," she said.

The garage will become a fermentation station, a place to create fermented mushroom ketchup, salsa verde with Graham's Farm tomatoes, kimchi, and apple-cabbage sauerkraut using apples from the backyard.

"A big part of what we do at the markets is naturally fermented, probiotic-rich spreads, dips, preserves and condiments," said Macnab. "Matty's passion for fermenting takes our products to a whole new level with constantly changing ideas and inspiration."

The mural recently painted on the side of the building by artist Ian Milligan features food like garlic and fiddleheads – all things that can be grown in Haliburton County – in its natural state.

Messages sent to Macnab on social media questioning which area restaurants serve gluten-free food, how to have a healthier diet to lower cholesterol and examples she saw of people having more energy and feeling better after switching to meatless meals indicated to her that there were people living locally who were looking for more plant-based and gluten-free food options.

"The biggest part of my personal food philosophy is that knowledge is power, and understanding what you're eating brings you so much power and control over your own life," she said.

For more information on Raisin the Root, visit [raisintheroot](#) on Instagram or stop by to see Macnab and Thompson at the farmers' markets this season. Nourished will be located at 27 Bobcaygeon Road.

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FAIR

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HOME BREW II LIVE MUSIC
Line-up

12PM - Sylvan Shore
1 PM - Slinky and the Boys
2PM - Duo Prosecco
3PM - Tomorrow Never Knows
4PM - The Moonstones
5PM - Jeff Moulton
6PM - Gord Kidd and Friends

Kids & Youth EVENTS

9 - 6: Inflatable rides for all ages
9 - 4: Hali. Library - games, crafts
10am: Minden Comic Con Video Gaming Centre opens
10am, 12pm, 2pm: Hands on Exotic ~ Animal Show & Displays
11am, 1pm, 3pm: Tim Holland - kid shows
10 - 6: Face Painting
10 - 2: Abbey Gardens - Earthly Feelings

- Wagon Rides
- Visit Dead Pool with vehicle
- Winterdance Dogs & Display

All times are subject to change

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Local health team ‘great partnership’: Plummer

by VANESSA BALINTEC
Times Staff

The following are brief reports of items discussed at the May 23 meeting of the Haliburton Highlands Health Services board.

Haliburton Highlands Health Services has sent their self-assessment of readiness to the Ministry of Health regarding a Haliburton Highlands Ontario Health Team.

“The approach that we’ve been taking over the last few years here in this community with our integrated services, with our rural health development, really set us up nicely to put a self-assessment and to be in a position to move forward as a health community,” said CEO and president of HHHS Carolyn Plummer.

In April, the provincial government passed Bill 74, The People’s Health Care Act that fundamentally changes two parts of the health-care system: select existing provincial agencies will be integrated into a single health agency called Ontario Health; and the establishment of Ontario Health Teams, a new model of care that will be responsible for delivering care, understanding patient health history, and connecting health-care providers and services around patients and families in the community.

“We had the honour and privilege to work with a number of health service providers in the community – we had great partnership, great collaboration around the table,” said Plummer. “I am very pleased that we were able to pull together that self assessment, with how well we work together as partners, and we’re looking forward to hearing a response from the Ministry of Health.”

The proposed Haliburton Highlands Ontario Health Team will bring together partners that represent all facets of the health-care system, including hospital, primary care, home care, community services, mental health, long-term care, and midwifery services. The partnership is supported by and looking to collaborate with affiliate organizations such as Haliburton County Paramedic Service and Haliburton Family Health Team.

Between June 3 and July 12, the feasibility of Haliburton Highlands Ontario Health Team will be validated in its second phase and sorted into one of two stages: In Discovery (requiring more assessment) or In Development (ready for full application to become an OHT).

CEO welcomes physician recruiter

HHHS continues to experience challenges with recruiting physicians to work in the emergency department on a more permanent basis, despite having success in bringing locums

into the community.

The County of Haliburton has agreed to provide funding for and hire a part-time physician recruitment co-ordinator. The role has been filled by Cheryl Kennedy, who CEO Carolyn Plummer says is known throughout the health community and has done physician recruitment in the past.

“We are very pleased that the county has decided to hire her and we’re looking forward to working with her in the coming weeks and months,” said Plummer.

Provincial budget

In April, the provincial budget was released, outlining several key investments. According to the CEO’s report, the budgets include an investment of an additional \$384 million in the hospital sector as part of its efforts to end hallway medicine; approximately \$17 billion in capital grants over the next 10 years to modernize, increase capacity at hospitals, and address urgent issues; \$174 million will be invested in 2019 and 2020 to support community mental health and addiction services; \$267 million will be provided to the home and community care sector to provide additional supports and services; and a commitment to the creation of 15,000 new long-term care beds over the next five years, along with funding for upgrading an additional 15,000 older long-term care beds.

Although the budget was released, Plummer says “the level of detail that suggests how they will impact HHHS has not yet been made available.”

Expecting balance

According to the CEO’s report, the year-end audit process has been undertaken in the past few weeks and will soon be complete. Although the financial statements are not yet finalized, HHHS remains “optimistic” that they will finish the year in a balanced position.

HHHS has submitted a proposal to the Ministry of Health and Long-Term Care for Hospital Infrastructure Renewal Funding and Exceptional Circumstances Program grants. The proposal includes major projects totalling approximately \$600,000.

Master planning

A long range master plan is in the works to ensure HHHS continues to be able to respond to current and future health service needs within the community.

According to the report, funds received from the 2018/2019 Small Rural Hospital Transformation Fund have helped start the first phase of the planning process, which includes a building condition assessment for HHHS Haliburton and Minden sites to determine potential growth options. The information gathered will be needed prior to the next stages in planning and in the case the organization

applies for more long-term care beds.

The second phase of the initiative, a more in-depth look into what services and facilities are needed in the future to meet the needs of the community, will take place later on in the year and will include a stakeholder consultation.

Accreditation

HHHS continues to prepare for the upcoming accreditation survey in December by undergoing quality improvement workshops that have taken place in March and May. The most recent session included training on Accreditation Canada methodology used during assessments, and monthly accreditation planning meetings will take place to further prepare for the survey.

Some practice and process changes have already been implemented based on input received during the training session in March, which include the installation of white boards in patient rooms to share critical information, changes to daily rounds processes, and implementation of new flow sheets.

Clinical Information System update

HHHS continues to work with six other hospitals in the region to acquire a shared Clinical Information System to improve quality of care and health outcomes. A CIS would help to increase clinical standardization, improve patient and family experience, clinicians and patient communications, help patient self-management and education, and improve referral and consult processes.

Negotiations with the vendor and financial analysis to determine overall cost over a 10-year period are almost complete. A draft governance agreement has been developed that dictates how the seven hospitals will work together to manage the system. Both the agreement and vendor contract are anticipated to be signed by the end of June.

Community centralized intake process update

The centralized intake process involves doing a more in-depth assessment when clients call community support services with questions regarding services or asking for help. An in-depth assessment is done and they are introduced to a variety of programs and services based on the results of the assessment.

More than 170 intakes have been completed from the last six months. About 60 per cent of intakes resulted in additional referrals to other HHHS programs and services, while 15 per cent have resulted in external agency referrals and assistance in getting connected to those resources.

“We’re very excited we’re able to provide that kind of service and navigation to people in the community who need it most,” said Plummer.

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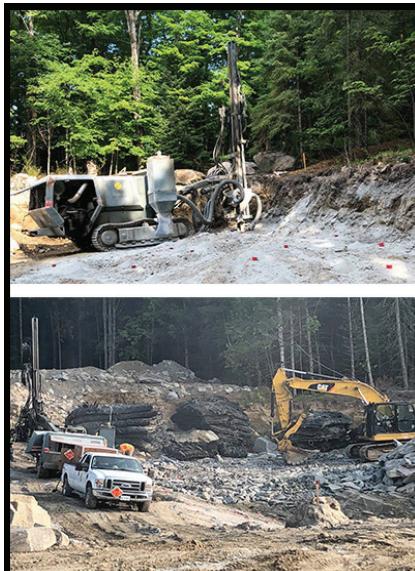
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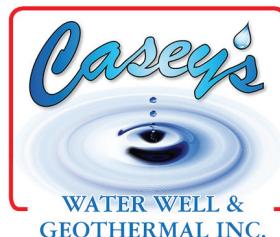
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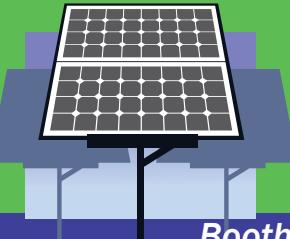
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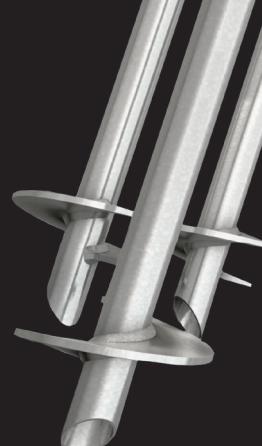
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Haliburton Home and Cottage Show back for 41st year

by VANESSA BALINTEC
Times Staff

This weekend marks the return of the Haliburton Home and Cottage Show, known for its unique vendors, hard-working volunteers, and ability to draw in thousands of people each year.

The event, sponsored by Haliburton Curling Club, features vendors from the county and across the province promoting anything needed for home and cottage life.

Visitors can find expert advice and promotions for a variety of things that range from home decor and arts and crafts to landscaping, construction and car, truck, boat and ATV specialities.

With the help of 130 volunteers who help manage things like food sales and parking during the event, the Haliburton Home and Cottage Show will host over 130 exhibitors, with more than half being local businesses. Rick Ashall, the lead manager of the show, says as one of the largest home and cottage shows in Central Ontario, the show is expecting more than 3,000 visitors.

"For a small village, it's incredible," said

Ashall. "You don't have to travel the entire county or broader to get advice or sales. A lot of people come out."

According to Ashall, visitors have the chance to win draws held by select vendors and the Haliburton Curling Club. And same as last year, the show will help raise money for Food for Kids Haliburton.

Ashall says he's always taking feedback from visitors and vendors to improve the experience each year.

This year's event has a new, free doggie daycare service that will allow visitors with non-service dogs to drop off their pets with volunteers and businesses while they peruse

the show.

"It's the steps we take as a volunteer organization that most shows wouldn't," said Ashall.

The show will be held at the A.J. LaRue Arena, Haliburton Curling Club and surrounding outside area at 730 Mountain Street with free parking available. Admission is \$3 for adults and free for children under 12. The show will run all weekend long beginning on Friday, May 31 from 4 p.m. to 9 p.m. Saturday's show will run from 10 a.m. to 5 p.m., and Sunday's show will run from 10 a.m. to 3 p.m.



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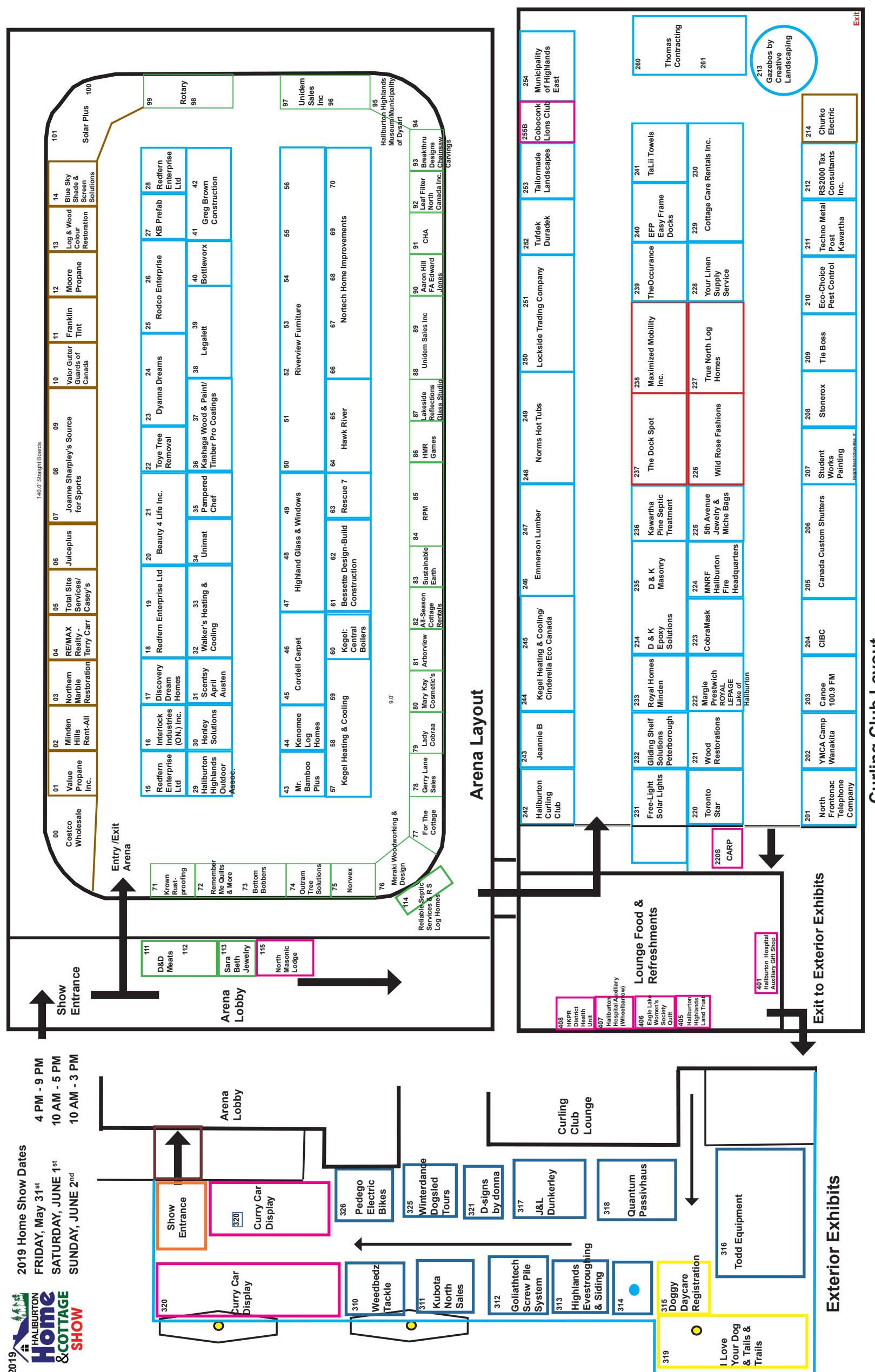
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There's plenty to see at the Home and Cottage Show held each year at the Haliburton Curling Club and A.J. LaRue Arena on Mountain Street. /File photo



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The Haliburton Home and Cottage Show, held annually at the Haliburton Curling Club, features much to see indoors and outdoors. /OLIVIA ROBINSON, File photo



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A photograph of a red Adirondack chair on a wooden dock. The chair is positioned facing a body of water with ripples. In the bottom left corner, there is text for North Frontenac Telephone Co. and the NFTC logo. In the bottom right corner, there is contact information for Craig Hinschberger.

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Waterpower opportunities may have been missed

from page 1

in 1934, owned by Orillia Power, generating 4.4 MW; and Devil's Gap, built in 1979, owned by Irondale River Waterpower Inc., generating 0.5 MW.

"What we're noting is a change in political landscape, the movement is moving away from provincial decision-making on electricity and we anticipate towards local planning and decision-making," said Landers, noting that eventually in the long-term there will be opportunity to develop waterpower in the area that she hoped councillors would consider as an option.

“There are 2,000 dams currently in Ontario that do not provide waterpower or hydroelectricity.”
— STEPHANIE LANDERS

"Additionally, there's quite a few opportunities that exist right now in terms of aging infrastructure," she said. "There are 2,000 dams currently in Ontario that do not provide waterpower or hydroelectricity, so what's interesting about that is there's many dams that also need upgrading, and there's opportunity to add electricity to the system. Additionally what's been happening for many years now is when a facility starts to age, an actual hydroelectric facility, you can update it to increase its efficiency with more energy-efficient turbines, fish-friendly turbines, so that's an opportunity as well."

Landers said waterpower provided economic opportunity, affordability, and sustainability within communities.

"As soon as 2024, we will need more electricity with the refurbishments of nuclear power, and eventually there will be the electrification of the economy and we will need more electricity at that point in time, too," she said.

The charter as presented states it "is a framework for council to demonstrate its commitment to integrating and balancing its socio-cultural, economic and environmental goals," committing to "support the use and expansion of local waterpower; support historical infrastructure and refurbishment opportunities; conserve and enhance our man-made and natural environment; value

the voices – all of the voices – of our community; and work with others collaboratively to create opportunities."

Minden Hills Mayor Brent Devolin asked where this initiative was in 2015.

"We've had pretty well five years of replacement of infrastructure in the reservoir lakes in the Trent-Severn, and certainly there was a missed opportunity – and I'm a huge support of water-based power – at Horseshoe Lake Dam." He questioned if there was collaboration between Ontario Waterpower Champions and the TSW as their dam replacements are underway.

Landers said they have developed a relationship with Parks Canada and there were some pilot projects being developed on the TSW but the contracts weren't far enough along to move forward when the provincial government cancelled them amongst 758 renewable energy contracts last July. She agreed there was opportunity and said they were "constantly trying to collaborate."

Warden Liz Danielsen asked if, alongside decision-making, financing of projects would be likely to move to the local level.

Landers said there would be different options, including the potential for communities to become partners of a facility, receiving money over a long-term advantage as it feeds into the grid.

Dysart et al Deputy Mayor Patrick Kennedy asked if the OWC advocated for non-members, like a facility in Haliburton that hadn't been mentioned in the presentation.

Landers said non-members would likely benefit from the group's advocacy.

"Trust me, I'm happy to see this now," Devolin added. "It's just that by the time this has [tracked through and] decisions made at the local level, within Haliburton County pretty well all of those assets will have been renewed, so we'll be mainly or substantially done so it's unfortunate, I'd loved to have seen you five years ago, here."

Algonquin Highlands Mayor Carol Moffatt said that like the other councillors around the table she was in support of waterpower, but said she didn't see the point of signing the charter given that "we don't run dams, we don't own any," and that the language in the charter made her nervous.

"I'm a little concerned with the language in the charter, because words aren't just words," she said. "I would like to better understand the implications of that language, given the current landscape."

Dysart et al Mayor Andrea Roberts questioned what the benefit of signing the charter would be to the county's residents.

Council opted to receive the report but not sign the charter at this time.

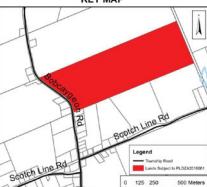


NOTICE
OFFICIAL PLAN AMENDMENT
Subsection 17 (34) of the Planning Act

File No.: 4616-OPA-013
Subject Land: Part of Lot 12, Concession 'A'
Address: 688 Bobcaygeon Road
Municipality: Township of Minden Hills (Geographic Township of Minden)
Applicant: Township of Minden Hills (Keith and Susan Thomas)

TAKE NOTICE: An application to amend the Township of Minden Hills Official Plan, as amended, will be heard for a decision by the Council of the County of Haliburton.

KEY MAP



DATE: June 26, 2019
TIME: 9:00 am
LOCATION: County Council Chambers
11 Newcastle Street

THE PURPOSE: The application proposes to amend the Township of Minden Hills Official Plan to permit the establishment of a hauled sewage disposal and treatment use on the property located at 688 Bobcaygeon Road, in part of lot 12, Concession 'A', by amending Official Plan Section 3.3 Rural and Schedule 'A'.

THE AMENDMENT: If approved the amendment will add hauled sewage disposal and treatment as a use in addition to the list of uses currently permitted on the property as designated by 3.3 Rural policies. The Council of the Township of Minden Hills adopted the proposed Official Plan Amendment on the 25th of April, 2019, by By-Law No. 19-34.

OTHER RELATED APPLICATIONS: The land was also subject of an amendment to the Township of Minden Hills Zoning By-law (By-law No. 19-35).

PUBLIC MEETING: A public meeting was held by the Township of Minden Hills on March 14th, 2019 at 9 a.m. at the Municipal Council Chambers.

REQUESTING NOTICE OF DECISION: If you wish to be notified of the decision of a request to amend the official plan, you must make a written request to the Director of Planning, County of Haliburton. Only individuals, corporations or public bodies may appeal a decision of the approval authority to the Local Planning Appeal Tribunal. A notice of appeal may not be filed by an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the plan was adopted, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the opinion of the Local Planning Appeal Tribunal, there are reasonable grounds to add the person or public body as a party.

GETTING ADDITIONAL INFORMATION: Additional information regarding the application is available for public inspection at the County of Haliburton Administrative Office during regular business hours, Monday to Friday, from 8:30 a.m. to 4:30 p.m.

Dated at the Township of Minden Hills this 24th day of May, 2019.

Charsey White MCIP, RPP
 Director of Planning/Deputy CAO
 County of Haliburton
 11 Newcastle Street
 P.O. Box 399
 Minden, Ontario
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			8		4		6	7

Level: Beginner

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Answers on page 18

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HALIBURTON COUNTY MINDEN ONTARIO
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Get on the treadmill

IN THE FITNESS industry we joke about how many household treadmills are used more as clotheshorses than for exercise. While they have the reputation of being boring they are a great tool for getting into shape and/or training for a fitness event of any length. They are incredibly convenient (if they are not covered in laundry) and easy to use.

Treadmills were initially invented to be used in prisons. Originally called the "tread-wheel" it was designed by Sir William Cubitt to get idle prisoners moving. It was more like a stair master. Prisoners would take steps to turn a wheel that would either pump water or crush grain. That's where the "mill" part of the name came from. The prison treadmill disappeared in the late 19th century when it was deemed too cruel a punishment. It resurfaced again in the 1960s when Dr. Kenneth Cooper demonstrated the benefits of aerobic exercise. So there is an honest connection between treadmills and torture.

I hear all the time that exercise is boring. I haven't spent much time on a treadmill so I can only imagine how uninspiring training on one would be. The other side of the coin is thinking about the consequences of not spending time exercising, working out or moving (pick the term that suits you) on a regular basis. To me, the fear of feeling lousy or getting sick trumps the tediousness of exercise of any kind. The magic formula is finding something that works for you. If you have a treadmill the beauty is it's there waiting for you. All you have to do is move the clothes aside and press start (safety first - attach that safety key). It doesn't matter if it's raining outside or icy or too hot or too cold. It doesn't matter if it's five minutes or an hour and five minutes. All that matters is that you've made the commitment and honoured that commitment.

Once you get yourself on the thing, find different, and safe ways to use it. Start slow then speed it up a bit. Speed it up a little more if that works for you. Add some incline. Make it flat again. Keep repeating that pattern while you imagine that you're walking or running along your favou-



LAURIE SWEIG
Practical Fitness

rite country road. Try sidestepping or galloping or even dancing. There are great videos online to help get the creative juices flowing.

If your mind needs a distraction there are podcasts on any topic that you could possibly think of. Audiobooks are another great way to be entertained, or my favourite – Netflix.

If accountability is your challenge set up an appointment

with a friend who has a treadmill, or any other type of exercise equipment, and hold each other to it. Video calling is so easy these days. If that type of technology isn't your thing, there's always the telephone.

Something to think about.

Laurie Sweig is a certified personal fitness trainer and spinning instructor. She owns and operates The Point for Fitness. She can be reached at laurie@thepointforfitness.com.

Enhanced shoreline tree preservation bylaw

by VANESSA BALINTEC
Times Staff

The following are brief reports of items discussed at the May 16 meeting of Algonquin Highlands council.

Charlsey White, deputy chief administrative officer for the County of Haliburton, made a delegation to council for support on behalf of the county to enhance the shoreline protection bylaw.

The Shoreline Tree Preservation Bylaw (2012) protects trees greater than five centimetres in diameter, at shoulder height from being removed within 30 metres of the high-water mark of any body of water within the county.

The proposed new protections would protect everything within 30 metres of the high water mark, along with all native shoreline vegetation. The amendments would aim to regulate cleaning, clearing, and alteration of land and will work in combination with existing forestry and shoreline preservation bylaws.

"Main goal? No further loss of our natural shorelines," said White. The bylaw will increase the proportion of native vegetation, working towards a goal of 75 per cent native vegetative coverage, and overall increasing ecological health and restoration throughout the county.

White says this bylaw is looking to stop grassing down to the shoreline, lockstoming, and site alteration that changes the slope and runoff of water. "We're looking at all ways that we can protect our shoreline."

According to White, if a charge is laid and taken to court,

the ultimate fine for an individual is up to \$10,000 plus the remediation of the site.

Public consultation with lake associations and private property owners will take place throughout the summer.

Council supported the initiative.

Stanhope Public Works Garage – Phase One

Councillors asked during their 2019 budget discussions that staff look at locations and design costs for a new public works garage in Stanhope.

Public works operations manager Adam Thorn presented the option for land to be developed on North Shore Road, which has existing infrastructure, a large area of land to build on, low utility installation costs, and construction would have no increased impact on the surrounding area. He asked council's support to move forward with the next step of the site assessment.

"This property alone has the potential for us to grow down the road," said Thorne. "I don't mean just building size, but if we wanted to look at options for solar, if we wanted to look for options for putting in a sand dome ... it's options for us to move that shed back out of the way and future growth for anything else that we need to put in that area."

The cost of the overall building is estimated to be \$2 million. Thorn requested the township transfer funds from the public works road garage reserve to cover costs associated with the preliminary design and concept development of the project.

Council supported the initiative.

PROPERTY SERVICES

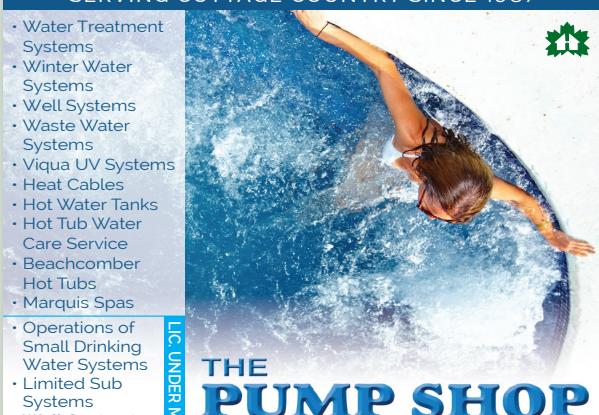
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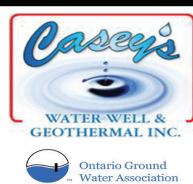
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UPCOMING Community Events

Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com

Haliburton County Master Gardeners' Plant Sale

When: Saturday, June 1, 10 a.m. until sold out

Where: New location this year is Haliburton Head Lake Rotary Park

Entrance numbers are available at 9:00 am

Perennials, daylilies, sedums and more.

The Haliburton County Snowmobile Association Annual General Meeting

When: Saturday June 1 at 10 a.m.

Where: HCSA Clubhouse, 171 Mallard Road in Haliburton's Industrial Park. The year will be reviewed and a new Board of Directors elected. For further info email info@hcsa.ca or call 705-457-4263. Everyone Welcome

Gord Kidd & Friends, Ian Pay and Scott Russell

When: Saturday June 1, 2 to 5 p.m.

Where: Minden Legion

Light lunch available 12-2 p.m.

No cover charge, support your local Legion

Abbey Retreat Centre, Community Wellness Speaker Series

When: June 4, 7 to 8:30 p.m.

Speaker: Todd Allen. The Mindful Path

Contact: info@abbeyretreatcentre.ca or

705-754-2966

Donations support The Abbey Retreat Centre Cancer Support Program. Visit our website for speaker profiles and more detailed information.

www.abbeyretreatcentre.ca/News-Events

Highlands Storytellers Circle

When: Thursday June 6, 7 to 8:30 p.m.

Where: Canoe FM Radio Hall. Bring a story to tell or just come to listen. All welcome, no charge.

For more information call Bob at 705 457 8617

Turtle Walk- Year of the Tartan Turtle

When: June 8

Location: HHSS grounds through downtown Haliburton village

Help our slow friends come in first. Walk to raise awareness, funding and hope to save Ontario's turtles. A two km walk. Live turtles and crafts. Prizes for the best costumes (tartan-y, or turtle-y), for the best signs, for answering skill testing questions at the walk, and for the best fundraisers. Meet at the high school grounds at 10 a.m.

Contact: Leora Berman at 705-854-3578; Register at www.turtlewalk.ca

Elvis Impersonator, Will Young (Most Authentic Tribute to Elvis in Canada)

When: June 8, 7 p.m.

Where: Highland Hills United Church, 21 Newcastle St., Minden

Cost: \$20, a fundraiser for the church

For Tickets Contact: Tom Parish

Abbey Retreat Centre, Community Wellness Speaker Series

When: June 11, 7 to 8:30 p.m.

Speaker: Angela McGreevy. Navigating Dietary Decisions In The Face Of Health Challenges

Contact: info@abbeyretreatcentre.ca or 705-754-2966

Donations support The Abbey Retreat Centre Cancer Support Program.

Visit our website for speaker profiles and more detailed information.

www.abbeyretreatcentre.ca/News-Events

Fourth Annual Pregnancy Care & Family Support Centre Fundraiser

When: June 12, 7 to 9 p.m.

Where: Lakeside Church, Haliburton

An evening of comedy & music!

With Todd Gale from life 100.3

For more info, please contact 705-457-4673

Haliburton: Sexual Health Clinic

When: Wednesday, June 12, 10:30 a.m. to 12:30 p.m.

The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the Health Unit at 1-866-888-4577, ext. 2205.



A pair of Archie Stouffer Elementary School runners are neck and neck.



An ASES athlete is cheered on to the finish line.

Athletes excel

An Archie Stouffer Elementary School long jumper takes a leap at the Haliburton County Track and Field Meet on Sunday, May 26 at the high school field. Cardiff, Wilberforce, J.D. Hodgson and Stuart Baker elementary schools competed along with ASES at the annual event, which also included schools throughout the board. /Photos submitted by Denver Davidson-Blakey

Take a seat (and a selfie)

DORSET NEWS

Lee Ross

burgesslt@me.com

There's a new addition to the Dorset Lions Centennial Park ... a large "Photo-op" Muskoka chair! Stop by this giant chair and have your photo taken with it next time you're in town. The commission was built by Scott Gilchrist. The Lions would also like to acknowledge Lions Alex and Barb Jordan for their generosity in making this project possible.

Sail with Friends of the Muskoka Watershed on Tuesday, June 4 at 5 p.m. at the Lake of Bays Marine Museum to learn why calcium helps to make sailing on Lake of Bays an enjoyable experience. Tickets are \$50 and include a drink and appetizers. All proceeds go to helping solve environmental



NOTICE
Council Meeting Schedule

Notice is hereby provided that the regularly scheduled Council Meetings for the Township of Algonquin Highlands for June, July and August have been reduced to one meeting per month to be held at the **Council Chambers at 1123 North Shore Road (Municipal Office)** on the following dates:

Thursday, June 20, 2019
Thursday, July 18, 2019
Thursday, August 15, 2019

Matt Gower
Municipal Clerk
Township of Algonquin Highlands
1123 North Shore Road
Algonquin Highlands, ON K0M 1J1
T: (705) 489-2379
E: mgower@algonquinhIGHLANDS.ca

challenges in Muskoka. If you are interested, please email audrey@fotmw.org to hold your ticket.

Monday, June 10 is Community Planting Day in Dorset! Meet at Robinson's General Store at 9:30 a.m. by the soil and manure bags, where you will be assigned your planting location along with soil/manure/plants for that spot. If you have them, bring the following with you: small shovel, trowel, gloves and bug spray/bug jacket. It only takes two hours to plant up the town with lots of volunteers. Community Planting Day is supported by the Township of Algonquin Highlands and by you!

Dorset resident Emily Shortreed of Wylaw Professional Corporation is giving back to her community by offering free estate planning informations for the residents of Dorset and surrounding area, held at the Dorset Recreation Centre. The estate planning information sessions will run from May 15 through to Nov. 1 and are appointment only. To set up an appointment, please call 705-645-8787 or email Emily at eshortreed@wylaw.ca.

Happy birthday to Brianna Koncan, Diane Burgess, Thomas Arbuckle, Matthew Avery, Myla Haley, Kristian Gracey and Brad Robinson. Happy anniversary to Dave and Sue Lilliman. For birthdays and submissions please send them to burgesslt@me.com.

7	2	5	9	4	8	6	3	1
6	8	3	2	7	1	4	5	9
4	9	1	3	5	6	7	2	8
3	6	7	1	9	5	8	4	2
5	4	2	7	8	3	9	1	6
9	1	8	4	6	2	5	7	3
8	3	6	5	1	7	2	9	4
2	7	4	6	3	9	1	8	5
1	5	9	8	2	4	3	6	7

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300 WANTED TO RENT

MBC and its affiliated contractors are looking for short and long term leases in the Minden Hills area during construction of the S.G. Nesbitt Arena. Please contact us with details. info@mbc.ca

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Responsible/reliable caregiver required for 49 year old male with mild brain injury living at Drag Lake cottage June-September. Duties include some meal prep/light housekeeping & daily supervision of client. Vehicle required for local trips. Schedule negotiable. For more info call Cheri 519-939-8148.

NOW HIRING

400 EMPLOYMENT OPPORTUNITY

INSTALLER needed to replace 3 Skylights with new ones and sealer for cottage on Soyers Lake. Contact by email: shoenews15@gmail.com

Local construction company is looking for carpenter/labourer. Mostly carpentry work but some masonry/ roofing and drywall. Start immediately. Experience not needed/ will train. Wages based on experience. Phone: 705-457-1510

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No experience is necessary as on the job training will be provided, however, a valid G Drivers Licence and a clean drivers abstract is mandatory.

Apply in person by dropping off your resume at The Pump Shop at 5161 County Road 21, Haliburton or send cover letter and resume by email to jesse@thepumpshop.ca. Only successful candidates will be notified.

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 Emmerson Lumber, Box 150 Haliburton, On
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clevem@emmersonlumber.com

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Up Right Roofing Inc. is Hiring Full Time and Part Time Labourer Positions Available Immediately. Hourly Rate between \$20 and \$35 per hour based on experience. Own Transportation is preferred, other arrangements are an option. Must have good work ethic: Show up on time ready to work for a full day. Willingness to do what needs to be done on the job site. Ability to work extra hours to complete roofing projects. Based out of Wilberforce. Job sites will be in Haliburton/ Bancroft and surrounding areas **Contact Cory Valentini Owner at 705-241-4618 or cory@uprightroofing.ca / www.UpRightRoofing.ca**

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 For a detailed position description visit www.ulinks.ca.
 Application deadline: 4:00 pm June 6th.
 Submit a cover letter and resume by e-mail to admin@ulinks.ca

General Labourers & Carpenters Wanted

MBC has immediate openings for **General Labourers and Carpenters** for construction of the new S.G. Nesbitt hockey rink and gymnasium in Minden Hills.
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580 PERSONAL

Dearest Saint Rita It is with sincere thankfulness and confidence that I bless you and thank you for your intercession. Your power over the hopeless has given us everything. Continued devotion to you and the Sacred Heart and thanks to all who have helped. L.E.M.

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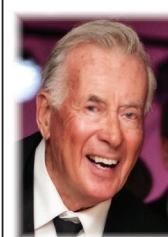
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650 OBITUARIES



In Loving Memory of
Dr. John Kimball Kerr
November 20, 1930 - May 20, 2019
Passed away peacefully at Haliburton Hospital on Monday, May 20, 2019.

Predeceased by his high school sweetheart and beloved wife of 55 years, Madge (née Campbell). Dear father to John and his wife, Jocelyne, Lynda and her husband, Dave (Saracino), and Bill and his wife, Lisa. Predeceased by his cherished twin brother, Jim, and older brother, David. Survived by his younger brother, Bill. John's love will be missed by his dedicated companion of seven years, Claudette Dupuis. John's affection, generosity, and sense of humor will be forever remembered by his grandchildren, Christie (Adam Santucci), Steven, Ryan, J.J., Loretta, Alexandra and Beverley, as well as his adored great-grandson, River, and his many nieces and nephews.

John was a prominent dentist in Scarborough, Ontario for more than 37 years. His generous, charitable spirit was dedicated to both The Rotary Club of Scarborough and The Rotary Club of Minden. John was an avid golfer who played the game for many years at Scarborough Golf & Country Club and Blairhampton Golf Club, as well as at his favorite Maple Leaf Estates in Port Charlotte, Florida. In his younger years, John's athleticism brought him and his twin, Jim, to Bridlewood Squash Club, where they both fulfilled their love of the game of Squash with good friends for many years. John was also a passionate runner, skier, wood carver and hunter for many years. For the past several years, John has enjoyed spending time in Shadie, New Brunswick with Claudette and her family, but his very favorite place on Earth was always at his home on Mountain Lake in Minden, which he graciously shared with family and friends over many memorable years. The family would like to thank the nursing staff and doctors at Haliburton Hospital for the dignity, compassion and care they bestowed upon John while in their care.

Friends are invited to visit the family at the Gordon A. Monk Funeral Home Ltd., 127 Bobcaygeon Rd., P.O. Box 427, Minden K0M 2K0 on Saturday, May 25, 2019 from 10:00 am until the time of the Service to Celebrate John's life at 1:00 pm. Reception to follow at the Red Umbrella Inn, 1075 Red Umbrella Rd., Minden. Cremation has taken place.

As an expression of sympathy and in lieu of flowers, if desired, memorial donations may be made to the Volunteer Dental Outreach for Haliburton County (VDO).

Romans 8:18 "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."



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LOOK INSIDE

**I was there**

Bruce Porter talks about the day he will never forget: D-Day.
See page 3

**Fly like a bear**

Michael Foster's Teddy was goggled and hatted for his Young Eagles flight.
See page 8

**Funny lady**

Nationally beloved comic singer Nancy White has been booked for EH! Fair.
See page 16

**A real pal**

Leona Carter's smile comes from her friendship with Susan Hamilton.
See page 17

In Quotes

"For asphalt plant, substitute airport runways or gravel pits or just about any job or enterprise that does not cater to cottagers ... let all the county's sons and daughters look elsewhere for their futures."

Neil Campbell, page 7

**What's in a name?**

In the case of the name "Dawson," the answer would be athletic prowess, dedication and good sportsmanship. This year's Haliburton Highlands Secondary School Athletes of the Year have the same last name and yet they're not related. Kate Dawson of Gelert and Andy Dawson of Halliburton stand under the photos of previously crowned athletes in the halls of the high school's athletic facility. See story in this week's sports section.

Tax rates down in Algonquin Highlands

by IZABELA JAROSZYNSKI
Times staff

Despite increasing costs of water testing and waste management, residents in Algonquin Highlands will enjoy a 7.26% tax decrease this year.

The decrease is in large part due to a general decrease in taxes on the provincial and county level.

Each year, the annual tax rate is calculated based on three factors: the education rate provided by the provincial government, the county tax rate and the tax rate set by local council.

Recently, the provincial government announced that the education rate will decrease by 11.64 % over last year. Similarly, the county rate is decreasing by 11.31%.

Due to these factors, municipalities can raise their own portion of the rate while still offering resi-

dents an overall decrease.

Every municipality in Haliburton County has taken advantage of the decreases. In Minden Hills, for example, council was actually able to raise the municipal portion by 5.2%, while still decreasing the tax rate by 4.8%.

In Algonquin Highlands, council decreased the municipal rate by a mere 0.09%, which resulted in an overall decrease of 7.26%. The decrease was a goal that council had set during the budget planning process.

For a family whose home is assessed at \$100,000, this will mean a saving of \$66.07, assuming that their property assessment stayed the same.

That is a slightly higher saving than last year, which was \$57.70 on a house valued \$100,000.

"Council is extremely pleased with the budget," Reeve Eleanor Harrison said. "We made very few cuts."

One major saving came from the airport budget, where spending decreased by \$98,359 from last year.

The change doesn't indicate any cuts to programs or services, but simply came from the fact that a lot of the capital expenditures made last year do not need to be repeated.

Due to the increasing demands of water regulations, and council's decision to go forward with improvements to drinking water systems, a new water budget was created.

Council is budgeting \$84,500 for 2004 water expenses, which will include the installation of UV

see WASTE page 4

Election hopefuls face off

Don't miss local debate June 16

by IZABELA JAROSZYNSKI
Times staff

The local candidates for the upcoming federal election participated in their first debate on Wednesday.

Speaking to a large audience in a Lindsay school auditorium, the candidates answered questions on a wide spectrum of topics, ranging from healthcare and doctor shortages to the rights of gay and lesbian couples to marry.

In his opening remarks, incumbent Liberal MP John O'Reilly asked voters to look at his long record representing Haliburton-Victoria-Brock.

"This is my fifth election," he said, pointing to his work on veterans' issues and saying that in parliament he always votes with his conscience and in the best interest of his constituents.

Barry Devolin, the Conservative candidate, opened by saying that all he hears throughout the riding is anger and frustration. He is running on a platform of government accountability.

He called for an end to party discipline, where the "Prime Minister makes decisions and the members of parliament fall in line."

"The time for that discipline is long gone," he said.

His party, Devolin added, supports free votes in parliament on many important issues.

NDP candidate Gil McElroy reiterated his party platform, calling for properly funded health care, safe affordable childcare, and a green and prosperous Canada.

Although he commended O'Reilly for his work on the Juno Beach Centre in France, he also slammed the Liberals' record.

"The Liberals have 10 years of see DEVOLIN page 2

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**Canal Lake \$294,900**

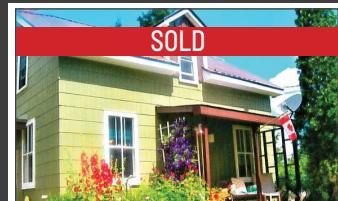
- 4-season turnkey cottage
- Tidy open-concept 3 bedroom
- Water access with western exposure 100 steps away.

**Haliburton Lake \$849,000**

- Lovely year-round 3+ bedroom home or cottage
- Stunning Big Lake views across Haliburton Lake
- The perfect lot: flat, sand shoreline & southern sunset views!

**Carnarvon Home \$358,000**

- 1200 s.f. 3 bdrm, 2 bath home
- 17 Acres of absolute privacy
- Many newer upgrades: septic, windows
- 10 minutes to Minden

**Gull River Home \$319,500**

- Minden Village waterfront opportunity
- Gull River home plus separate cottage
- Over 1/2 acre, landscaped, level property

**Minden Building Lot \$62,900**

- 1.89 acres on a Municipal Road
- Partially cleared for building site
- Hydro & Bell are at the lot line

**Kennisis Lake-Ideal All \$619,000**

- 1360 Sq '3 Bdrm YR RD, 3 Pc Bath, Laundry
- Level, Granite Outcrop, Creek, Garage/Loft
- Point/Inlet, Sand Shallow - Deep, Deck/Docking

**Blue Hawk Lk Cottage \$479,900**

- Apprx 569 Ft Frtg, 12.89 Acres
- Apprx 800 Sq Ft, 2 Bdrm, 1 Bath
- 2 Sheds, Natural Landscape, Private

**Gull River \$345,900**

- 3-bedroom Cottage on Minden's Gull River
- 1100 sq. feet, open concept living, furnished
- Western exposure, sandy beach and deep water

**Haliburton Home \$579,900**

- Stunning house on a 108-acre property
- Private paradise with trails, streams & ponds
- 3000 sq. ft renovated, 3 bedrooms, 3 baths

**Kushog Lake \$829,000**

- Totally rebuilt & enlarged, 1900 sf cottage or home
- 3+ bedrooms, 2 baths, 300 sf Master Suite
- Large decks at the WF, Sitting on a 2-lake chain!

**Pell Lake \$699,000**

- Custom built, 3300 sq. ft. home with 4 beds, 4 baths (partially completed)
- Over 500' waterfront on quiet lake in Lake of Bays area

**Investment Property \$379,000**

- 7 bedrooms, 4 washrooms, 4 kitchens
- Very positive income stream
- Call me for more details!

**Long Lake - Building Lot \$199,000**

- Awesome 2-Lake chain (Long & Miskwabi)
- Driveway and building site cleared
- 110 feet of shoreline
- Elevated lot with great view, summer sunsets

**Private Lot on Kushog Lake \$239,900**

- Southern 4 acre point of Goat Island
- 1290' of Waterfrontage, excellent Swimming
- Make this your Serene HAPPY PLACE

**400 Acre Farm \$1,199,000**

- Some pasture
- Large waterfront on Fishog river
- Barn in good shape
- Sugar Shack

**Haliburton Home \$239,000**

- 3 Bedroom home, 1540 Sq Ft of living space
- Easy walking to downtown Haliburton
- Perfect Investment, Starter or Retirement home

**Charming Home \$357,000**

- 3+ Bedroom home in Haliburton Village
- Open concept, full finished lower level
- Not directly on the water, yet steps from Head Lake.

**Holmes Road \$43,000**

- Partially cleared, half acre building lot
- Within walking distance to downtown Wilberforce
- Quiet residential area

**Fortescue Lake \$589,000**

- 3-bedroom cottage with Sunroom
- Boat house and Bunkie
- Fully equipped

**Deeded Moose Lake Access \$97,600**

- Over an acre of land
- Steps from Sir Sam's ski hill
- Easy access

**Soyers Lake \$1,899,000**

- Timber Frame cottage/home, 5 bdrms & 3 baths
- Open concept, high-end finishing's throughout
- 275 ft of water frontage, waterside deck

**Minden Home \$499,000**

- Bungalow w/ Finished W/O Basement
- "Chaulk" Kitchen, 3 Bdrms, 3 Baths
- Privacy on 7 Acres, 5 Mins to Town
- Det'd Insulated 26' x 36' Garage

**Haliburton Village Home \$310,000**

- 2+1 Bdrm home in town
- Beautifully updated
- Minutes from downtown

**Kashagawigamog Lake \$460,000**

- 3 bedrooms, 1 bath, year-round home
- Part of lake chain, boat right into town
- Sandy waterfront, deep water off the dock

With offices located in Haliburton 705-457-2128, Minden 705-286-2138,

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